

# Assignment

*by user user*

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### Summary, Plan Development, and Conclusion

The case scenario depicts Steven sharing his thoughts on the current pain management strategy which includes oxycodone. He voices concerns about the plan's effectiveness and expresses fear about potential dependence. Additionally, he seems unsure about non-pharmacological approaches. Therefore, the proposed care plan combines evidence-based methods and coping skills from psychotherapy that are aligned to meet the client's specific needs and preferences.

1. **Medication transition:** Use the CDC guidelines to taper off oxycodone with the goal of stopping use and switching to non-opioid analgesics such as Tylenol.
2. **Holistic therapies:** Incorporate age-appropriate non-pharmacological pain therapies involving minimal movement such as deep breathing techniques, mindfulness meditation, and relaxation exercises.
3. **Physical therapy referral:** Refer Steven to an occupational therapist for a personalized exercise regimen designed to target pain levels and progressively enhance physical activity.
4. **Social support:** Help Steven to create a help support system by incorporating his family and friends in some therapeutic activities such as physical activities.
5. **Coping skills:** Educate the client about important coping strategies, including stress management techniques, to assist him in managing stress and anxiety associated with pain.

In conclusion, the role-play video discussion demonstrates the value of MI in addressing complex issues such as pain management. Even though the MI was envisioned for use in substance use treatment, it has become widely utilized in various healthcare contexts. Its

application requires clinicians to incorporate MI principles and skills to enhance patient outcomes. The effective application of MI also requires integrating the patient's strengths and coping mechanisms to foster its customization and development of age appropriate interventions. The use of MI also encourages collaboration with other healthcare workers, families and significant others to foster provision of a holistic patient-centered motivation towards achieving a lasting behavioral change.

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